



# JUNE 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mid-Shore Services:</b> Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.			<b>Mid-Shore WIC Program:</b> (410) 479-8060 or 1-866-551-2139 (Maryland toll free)	<b>To Contact a Breastfeeding Peer Counselor near you:</b> Mara: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 Karen: (410) 829-9210 (Lactation Consultant)		1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22 <b>Breastfeeding Class</b> <b>UM SMC at Easton, Health Education Center</b> <b>9 am - 12:30 pm</b> <b>To reserve your space: call 410-822-1000, ext. 5231 or 410-228-5511, ext. 5231</b>
23/30	24	25	26	27	28	29



# JULY 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mid-Shore Services:</b> Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.		<b>To Contact a Breastfeeding Peer Counselor near you:</b> Mara: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 Karen: (410) 829-9210 (Lactation Consultant)	<b>Mid-Shore WIC Program:</b> (410) 479-8060 or 1-866-551-2139 (Maryland toll free)			
	1	2	3	4 Independence Day	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



# AUGUST 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mid-Shore Services:</b> Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.				<b>To Contact a Breastfeeding Peer Counselor near you:</b> Mara: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 Karen: (410) 829-9210 (Lactation Consultant) <b>Mid-Shore WIC Program:</b> (410) 479-8060 or 1-866-551-2139 (Maryland toll free)		
				1	2	3
4	5	6	7	8	9	10 Breastfeeding Class UM SMC at Easton, Health Education Center 9 am - 12:30 pm To reserve your space: call 410-822-1000, ext. 5231 or 410-228-5511, ext. 5231
11	12	13	14	15	16	17
18/25	19/26	20/27	21/28	22/29	23/30	24/31